

Should these anxieties become very intense, a solution often adopted is the solution of despair, denying that one cares, being all the more dirty and difficult, in order to prove that it is safe to be so, and that if one cannot make one's mother good, one can at least fend off her attacks by being still more destructive. It is this feeling of real helplessness which in the years two to four makes many children dirty and destructive in reality. That is why those mothers and nurses or nursery school teachers who have the gift of showing children how to be clean, as well as of showing that they believe that the child can soon become clean, even if he cannot be so now, often save the child from the worst despairs. Many a girl child, however, who has long become skilful and stable and full of good works in her real character, retains in the depth of her heart a nucleus of feeling of deep unworthiness which is quite untouched by later realities, since it developed at the time when she could in reality do so little to make better those persons or things she had injured by being destructive and dirty.

A further mechanism which, as I have shown in the discussion of the social data, is of great importance in social development, is that of the *splitting* of ambivalent feelings, such as love and hate (which in the first instance are felt together towards each parent), thus making possible their separate expression towards different people. Since this was so clearly illustrated in the social material, and I shall be saying more about it at a later point, I need not consider it further here.

I have detailed these various mechanisms almost as if they were quite independent processes. They are not necessarily alternative, however, but often combined and amalgamated

in many different ways, and variously resorted to according to the external stimulus or the internal stress of the moment.

We have now reviewed the broad essentials of the child's emotional development over the period of most acute conflict, from the first year of infancy to the sixth or seventh. It is this period which is characterised by all those signs of deep emotional conflict we have noted—open anxieties, night